

# LIVE WITH PURPOSE Retreat Itinerary

## Friday, October 15

3:00pm: Arrive & Check In

5:00pm: Dinner

Beginning at 6:30pm: a) Welcome and Introductions with Jo and Jeff

b) Opening Ceremony and Intention Setting with Jo and Jeff

c) Labyrinth Walk - Candle lit labyrinth and Crystal Singing Bowl music

d) Social Gathering, Conversations, Fire Pit

## Saturday, October 16

7:30am: Greet the Day – Gentle / Restorative Yoga with Keri (60 mins)

Transformation takes courage, And courage takes heart. The 8 limbed path to freedom and liberation gifts us with this ability to move through these challenging moments of life courageously through dropping into our hearts and softening into compassion. This presentation is combined with movement, allowing you to feel into your physical self and identity areas where you may be holding emotions and resistance.

8:30am: Breakfast

9:30-11:00am: What PURPOSE Means Presentation with Jo and Jeff (90 mins)

Setting the stage! Discover how inspiration, insights, and our life's events guide us as we each move through our unique, crazy, wonderful lives. You will begin to recognize each moment's purpose rather than searching for one "single" path.

11:15-12:15am: Small Steps on the Journey to Alignment Presentation with Dawn (60 mins)

Dawn shares her journey of following her intuition and subtle signs from the universe in designing a life she loves! Stepping into the unknown and walking through fear led to life changing discoveries in love, growth, and abundance.

12:30pm: Lunch

1:30-2:30pm: 7 Steps To Living Authentically with Passion & Purpose with Beth (60 min)

Working without passion and purpose our lives grow empty and lifeless. While people may have a vision for the life they desire, they just can't seem to grasp the "how" and find themselves stuck in their fears and self-limiting beliefs. Am I good enough? Can I afford to change? What will people think? Or, wondering what happened to all the dreams they used to have? Beth will share seven steps to boldly start living authentically with passion and purpose and help debunk tired excuses and old thought patterns. It's time to be encouraged to get out of mundane routines and start living what's in our hearts.

2:45-3:45pm: Riding the Waves of Spiritual Fluidity with Alicia (60 mins)

The shifting of spiritual thoughts and perceptions influence what we feel is our divine purpose in life. Explore how spirituality is not a one-size-fits-all. We will talk through how your views on the spiritual divine are allowed to change and flow while still being valid.

4:00pm – 5:30pm: Independent Time:

Explore Sojourn (hike, kayak, walk the labyrinth again, etc.)

Explore Gaylord (shop, etc.)

Book a Private Session (See attached list for providers and prices)

6:00pm: Dinner

7:00pm: Social Gathering, Conversations, Fire Pit

### **Sunday, October 17**

7:30am: Greet the Day – Morning Meditation with Jeff and Crystal Singing Bowls with Jo

8:45am: Breakfast

10:00-11:00am: Purposeful Living with Jeff (60 min)

Living with Purpose begins with recognizing what it is that makes your heart sing and what is in alignment with the will of your soul. The challenge is often that our mind, our ego creates wonderful and elaborate resistance techniques that prevent us from moving in that direction. Jeff will share with you techniques and awareness's to help you overcome these obstacles, allowing you to move into the flow of life that is just right for you.

11:00-12:00pm: Round Table Experience with All Presenters (60 min)

Bring together all the tools that you learned to put your yourself on the path that your inner self, your soul, most desires so that they may begin to experience the joy of being in the flow and process of your life. Our presenters will be teaming up to answer questions and build on the purpose of this weekend (pun intended)! This is your time for creating connections within yourself, making the information real and applicable. Closing Topics, Logistics, Additional Q & A, Releasing Ceremony

12noon: Box Lunch, Farewells, and Packing Departure